



Become a Trustee – 2 x vacancies

Improve your Wellbeing with the Derbyshire Federation for Mental Health

DFMH is governed by a Board of Trustees and currently has vacancies for two new members. We are looking for people who have the skills and experience to advise the officers and other Trustees at a strategic level; in particular we are looking for people with a financial background or experience in marketing or fundraising.

DFMH is a charity that has been working in Derbyshire Dales and High Peak for forty years; we provide a range of services to support people with mental ill health to live well. In Darley Dale we have our Wellbeing Hub where we run:

Mindful Wellbeing Workshops – a mindful approach to supporting mental health through a series of wellbeing workshops. Each workshop includes information, practical exercises and a chance to get together with others.

Courses for managing Anxiety and Depression.

A support group for people who are carers for loved ones living with mental health problems.

Every fortnight we run Café Hope there, organised by skilled volunteers to support adults living with Anxiety.

We also have a garden and an allotment where we run Sow and Grow sessions.

Other outdoor services include a weekly wellbeing walk.

We also run workshops and courses in Wirksworth and Cromford as well as Buxton. All of these services are provided free of charge with costs being met from grants donated to the charity.

The Board of Trustees meet in Darley Dale or online every three months for a Board meeting to discuss organisational performance and provide strategic direction. In between these trustees meet individually with the CEO and managers to work on specific areas e.g. finance, governance and marketing. We are an active bunch of people and include a good mixture of retired, semi-retired and still working folk, all of whom share a commitment to improving access to mental health services.

If you are interested in finding out more about the services we offer or about becoming a Trustee check out our website www.dfmh.co.uk or find us on Facebook. Then either call Sharon Williams CEO on 01629 733915 or email her sharonwilliams@dfmh.co.uk to arrange an informal chat.

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